



















August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 BBQ Pork Loin Word of the Week- "Lemonade" 8:30 Continental Breakfast & Music- Show Tunes 9:30 Current Events 11:30 What's So Special About August 1:00 Lemonade Pitcher Craft</p> 	<p>2 Potato Crusted Cod 8:30 Hot Breakfast & Music-Ella Fitzgerald 9:30 Current Events 11:00 Exercise 11:30 Guess Who? Tony Bennett 1:00 Trivia</p> 	<p>3 Spaghetti & Meatballs 8:30 Continental Breakfast & Music- Beach Boys 9:30 Current Events 11:00 Exercise 11:30 Have You Visited Mount Rushmore? 1:00 Shuffleboard</p>	<p>4 Grilled Chicken 8:30 Hot Breakfast & Music-Country Music 9:30 Current Events 11:00 Happy Birthday August Babies! 1:00 Exercise</p> 	<p>5 Chicken Tenders 8:30 Continental Breakfast & Music-Country 9:30 Current Events 11:00 Exercise 11:30 Guess Who? Lucille Ball 1:00 Music</p> 
<p>8 Boneless Chicken Cacciatore Word of The Week- "Coast Guard" 8:30 Continental Breakfast & Music- Show Tunes 9:30 Current Events 11:30 The United States Coast Guard 1:00 Crab Craft</p> 	<p>9 Brown Sugar Glazed Ham 8:30 Hot Breakfast & Music-Ella Fitzgerald 9:30 Current Events 11:00 Exercise 11:30 Discussion-The Smithsonian 1:00 Bingo</p>	<p>10 Meat Lasagna 8:30 Continental Breakfast & Music-Classical 9:30 Current Events 11:00 Exercise 11:30 Guess Who? Mae West 1:00 Ladderball</p>	<p>11 Seafood Salad PARTY DAY 8:30 Hot Breakfast & Music-Frank Sinatra 9:30 Current Events 11:30 Are You Left Handed? 1:00 Rainbow Trout Craft</p> 	<p>12 Roast Pork 8:30 Continental Breakfast & Music- The Beatles 9:30 Current Events 11:00 Exercise 11:30 Have You Been to the Berlin Wall? 1:00 Music</p> 
<p>15 Chicken Burger Word of The Week- "Bowling" 8:30 Continental Breakfast & Music- Show Tunes 9:30 Current Events 11:30 Discussion- The Social Security Act 1:00 Swimming Duck Craft</p> 	<p>16 Grilled Flank Steak 8:30 Hot Breakfast & Music- Country 9:30 Current Events 11:00 Exercise 11:30 Guess Who? Davy Crockett 1:00 Target Game</p>	<p>17 Sweet & Sour Chicken 8:30 Continental Breakfast & Music-The Andrews Sisters 9:30 Current Events 11:00 Exercise 11:30 Discussion-The History of Bowling 1:00 Bowling</p> 	<p>18 Stuffed Sole 8:30 Hot Breakfast & Music- Jazz 9:30 Current Events 11:00 Exercise 11:30 Discussion-The Amish Lifestyle 1:00 Flip Flop Craft</p> 	<p>19 Cheese Stuffed Shells w/ Carbonara 8:30 Continental Breakfast & Music-Country 9:30 Current Events 11:00 Exercise 11:30 Discussion-1995 Long Island Wildfires 1:00 Music</p> 
<p>22 Beef Stroganoff Word of The Week- "Nature" 8:30 Continental Breakfast & Music- Show Tunes 9:30 Current Events 11:30 Guess Who? Gene Kelly 1:00 Watercolor Lighthouse Painting</p> 	<p>23 Eggplant Parm 8:30 Hot Breakfast & Music-1970's 9:30 Current Events 11:00 Exercise 11:30 Have You Been to Any of Our National Parks? 1:00 Mother Nature Word Search</p>	<p>24 Crab Cake 8:30 Continental Breakfast & Music- Beach Boys 9:30 Current Events 11:00 Exercise 11:30 Guess Who? Mother Theresa 1:00 Flower Bingo</p>  	<p>25 Chef Salad 8:30 Hot Breakfast & Music-Country Music 9:30 Current Events 11:00 Exercise 11:30 Discussion-Volcanos 1:00 Giraffe Craft</p> 	<p>26 Bangers & Mash 8:30 Continental Breakfast & Music-Classical 9:30 Current Events 11:00 Exercise 11:30 Guess Who? The Wright Brothers 1:00 Music</p> 
<p>29 BBQ Pork Loin Word of the Week- "Yard Sales" 8:30 Continental Breakfast & Music- Show Tunes 9:30 Current Events 11:30 Discussion-Pledge of Allegiance 1:00 Mr. Sun Craft</p> 	<p>30 Potato Crusted Cod 8:30 Hot Breakfast & Music-Ella Fitzgerald 9:30 Current Events 11:00 Exercise 11:30 Discussion-History of Garage Sales 1:00 Left, Right, Center Dice Game</p>	<p>31 Spaghetti & Meatballs 8:30 Continental Breakfast & Music- Beach Boys 9:30 Current Events 11:00 Exercise 11:30 Discussion-Woodstock Festival 1:00 21 Questions</p>	<p><u>VIRTUAL SUPPORT GROUPS:</u></p> <p><u>Grandparents Raising Grandkids</u> Every Wednesday 1-2:30pm</p> <p><u>Adult Children Of Aging Parents</u> 3rd Wednesday of the Month 7-8:30pm</p> <p><u>Caregivers Group</u> Every Monday 1-2:30pm</p> <p>Call 631-728-1235 for more information</p>	
				<p><u>Everyday Activities</u></p> <p>9:30-Current Events 11:00-Exercises 11:30-Lecture 12:00-Lunch 1:00- Game, Craft or Music</p> 



AUGUST 2022 CONGREGATE MEAL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BBQ Pork Loin – Roasted Cauliflower – Mac ‘n Cheese – Apple Juice – Corn Bread – Fresh Grapes & Milk	2 Potato Crusted Codfish over Rice – Asparagus – Apple Juice – Roasted Yellow Squash – Wheat Bread – Rice Pudding & Milk	3 Spaghetti ‘n Meatballs – Fresh Broccoli – Grape Juice – Capri Blend Vegetables – Italian Bread – Lemon Pound Cake & Milk	4 Grilled Chicken, Blueberries, Walnuts & Feta w/Spinach and Tomatoes – Kale Slaw – Potato Salad – Rye Bread – Nectarine & Milk	5 Fried Chicken Tenders w/Honey Mustard – Roasted Squash w/Tomatoes – Orange Juice – Sweet Potato – Dinner Roll – Melon Salad & Milk
8 Boneless Chicken Cacciatore – Fresh Broccoli – Cranberry Juice – Yellow Beans – Noodles – Dinner Roll – Chocolate Chip Cookies & Milk	9 Brown Sugar Glazed Ham – Green Beans w/Garlic & Tomatoes – Orange Juice – Corn – Dinner Roll – Sliced Pears & Milk	10 Meat Lasagna – Roasted Fennel – Steamed Carrots – Orange Juice – Italian Bread – Vanilla Pudding w/Sprinkle & Milk	11 Seafood Salad over Mixed Greens w/Tomatoes – Fresh Coleslaw – Couscous Salad – Multigrain Bread – Fresh Orange & Milk	12 Roast Pork w/Pepper Corn Sauce – Cauliflower au Gratin – Steamed Red Potatoes – Orange Juice – Wheat Roll – Strawberry Applesauce & Milk
15 Chicken Burger w/Swiss Cheese – Braised Chard w/Garlic & Oil – Orange Juice – Wheat Roll – Apple Crisp & Milk	16 Grilled Flank Steak over Arugula w/Tomatoes – Carrot Salad – Black Bean Corn Salad – French Roll – Fresh Grapes & Milk	17 Sweet ‘n Sour Chicken – Fresh Broccoli – Pineapple Juice – Yellow Beans – White Rice – Sourdough Bread – Orange Cake & Milk	18 Stuffed Sole – Garlic Spinach – Apple Juice – Sweet Potato – French Roll – Fresh Pear & Milk	19 Cheese Stuffed Shells w/Carbonara Sauce – Escarole w/White Beans – Roasted Zucchini – Dinner Roll – Pineapple Chunks & Milk
22 Beef Stroganoff – Asparagus – Mixed Vegetables – Egg Noodles – Wheat Bread – Apple Turnover & Milk	23 Eggplant Parmesan – Normandy Blend Vegetables – Orange Juice – Bow Tie Pasta – Italian Bread – Fresh Watermelon & Milk	24 Crab Cake w/Remoulade – Garlic Spinach – Carrots – Wild Rice – Wheat Bread – Fresh Pear & Milk	25 Chef Salad over Romaine – Broccoli Slaw – Macaroni Salad – Assorted Roll – Fresh Cut Fruit & Milk	26 Banger and Mash (Pork & Sage Sausage) w/Mushroom Gravy – Yellow Beans – Green Peas – Mashed Potatoes – Dinner Roll – Fresh Plum & Milk
29 BBQ Pork Loin – Roasted Cauliflower – Mac ‘n Cheese – Apple Juice – Corn Bread – Fresh Grapes & Milk	30 Potato Crusted Codfish over Rice – Asparagus – Apple Juice – Roasted Yellow Squash – Wheat Bread – Rice Pudding & Milk	31 Spaghetti ‘n Meatballs – Fresh Broccoli – Grape Juice – Capri Blend Vegetables – Italian Bread – Lemon Pound Cake & Milk	Sept. 1 Grilled Chicken, Blueberries, Walnuts & Feta w/Spinach and Tomatoes – Kale Slaw – Potato Salad – Rye Bread – Nectarine & Milk	Sept. 2 Fried Chicken Tenders w/Honey Mustard – Roasted Squash w/Tomatoes – Orange Juice – Sweet Potato – Dinner Roll – Melon Salad & Milk

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Please inform Center staff if you have a food allergy

PRE-REGISTRATION REQUIRED A DAY IN ADVANCE.

Advise staff of alternate choice when making reservation

GRAB ‘N GO MEALS – PRE-REGISTRATION REQUIRED

Alternative Entrée:

NOT AVAILABLE FOR GRAB ‘N GO

Week of Aug.1 & 29

Week of Aug. 8

Week of Aug. 15

Week of Aug. 22

Hot: Pizza Slice

Hot: Spanish Omelet

Hot: Fish Sandwich on Roll

Hot: Grilled Cheese

Cold: BLT Salad

Cold: Egg Salad Plate

Cold: Prosciutto, Cheese, Fruit Plate

Cold: Caprese Salad